

NOVEMBER, 2024

# DEEN & WELLNESS WEEK

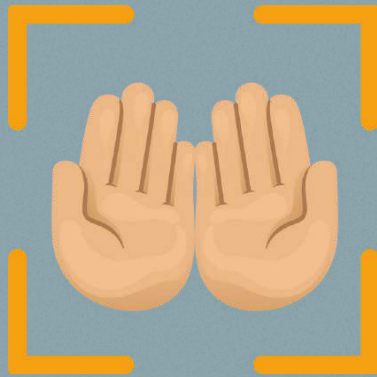
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BALI, INDONESIA



# DEEN & WELLNESS WEEK 2024



Welcome, beloved Seekers to this sacred journey that awaits you on the mystical island of Bali, Indonesia. Prepare your hearts, for we embark on a retreat immersed in the essence of love and devotion, deeply rooted in heart-centered Islamic traditions, healing, wellness, and mindfulness.

As we tread upon this blessed land, let us recognize that we are in the embrace of Indonesia, a nation adorned with the beauty of Islam. Here, we shall find solace, allure, and enchantment.

Together, we shall immerse ourselves in the healing energies of this island, allowing our souls to mend, our minds to find tranquility, and our spirits to be rejuvenated. Through mindfulness and unity, we shall forge bonds of fellowship that transcend boundaries, coming together as one ummah, united in our devotion to God.

Embark on a journey deeply rooted in heart-centered Islamic traditions, where each day is adorned with the rhythm of daily prayers and the enchanting pursuit of efficiently learning to read the Arabic Quran in just seven days! Immerse yourself in the serene embrace of harmonious Eastern practices like Yoga, Meditation, Pranayama, Sound Healing, Muay Thai and beyond, nurturing both body and soul. Amidst the verdant splendor of Bali's natural landscapes, carve out moments to bask in the tranquil wonders of its beauty. Venture forth to explore cultural landmarks that have imbued this sacred island with its spiritual essence, enriching your experience with the timeless allure of Bali's heritage.

Each day, we shall set out upon a spiritual voyage, guided by the teachings of **Pujastuti Sindhu**. This revered teacher, adorned with wisdom and grace, shall illuminate our path and unlock the mysteries of the spiritual sciences of the heart. With her knowledge, we shall witness a transformation of our beings and the deepening of our connection with the divine.

Yet, amidst all these treasures, the true essence of this retreat lies in the development of a profound closeness with the divine. Open your hearts, beloved Seekers, for within lies the potential to transcend the veils of illusion and uncover the eternal reality. In this sacred space, we shall foster friendships that transcend time, weaving a tapestry of love that will endure beyond our days on this blessed island.

So, let us begin on this spiritual journey, where Bali's mesmerizing beauty intertwines with the wisdom of the heart-centered path. May our hearts be ignited with the flame of divine love, illuminating the path ahead and leading us ever closer to God.



November, 2024

Group Size: 15

Bali, Indonesia

# WHAT'S INCLUDED?

## ACCOMMODATION

**Shared Accommodation - Twin Size  
Single Accommodation - King Size**

## HALAL CUISINE

**Breakfast, Lunch, & Dinner + Snacks  
Vegan & Gluten Free Available  
Included for all Seekers.**

## TRANSPORTATION

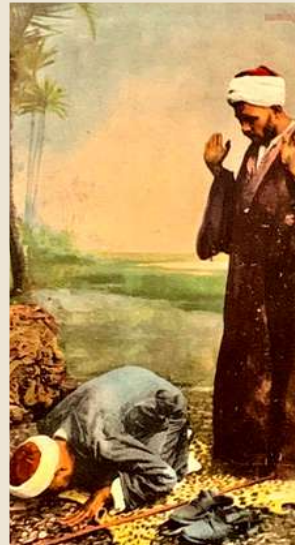
**Airport Pick-Up & Airport Drop-Off  
Large Excursion Transportation  
All Included**

## TOTE BAG

**Travel Prayer Mat, Women Prayer Mukena Garb,  
T-Shirt, Itinerary & Travel Journal,  
Learn Quran Arabic Book**

## ACTIVITIES

**Sound Healing, Balinese Massage, Daily Fitness,  
Hijamah, Cultural Excursions, Daily Quran Arabic  
Class, Bon Fire, & More.**





# Available Packages

## Shared Accommodation Price Per Person

You will share a room with other Shared Accommodation Guests.

2-3 GUEST PER ROOM.

**\$1,800 USD**

## Single Accommodation Price Per Person

You will have a room to yourself.

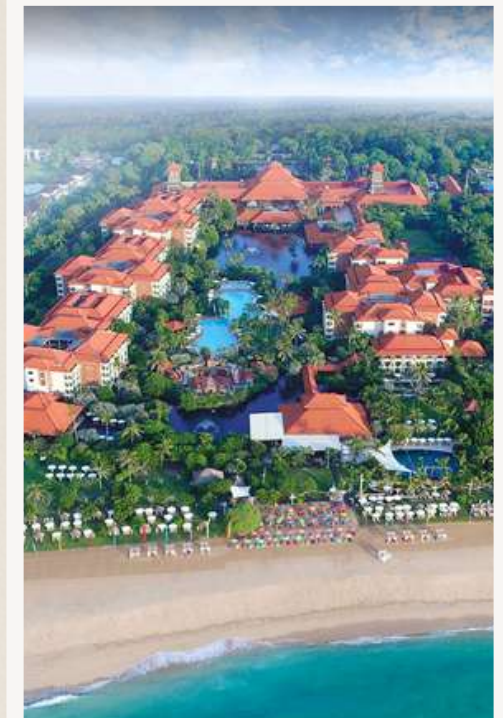
**\$2,100 USD**

# Itinerary

DAY 1

## Welcome

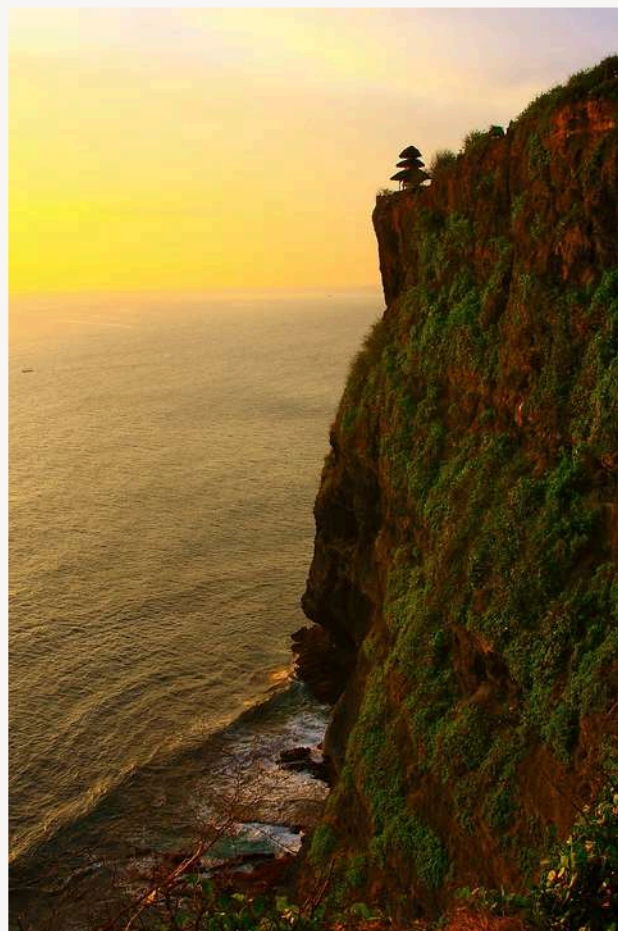
- Welcome Dinner
- Intro Balinese Massage
- Intro Quran Arabic
- **Prayer Time**
- Bon Fire



DAY 2

## Healing

- **Prayer Time**
- Morning Yoga - Meditation
- Breakfast
- Quran Arabic Session
- Lunch
- **Prayer Time**
- Sound Healing & Sunset
- **Prayer Time**
- Dinner
- Reflection Circle





DAY 3

# Water Sports

- **Prayer Time**
- Breakfast
- Water Sports
- Lunch
- **Prayer Time**
- Quran Arabic Session
- Free Time
- **Prayer Time**
- Dinner



DAY 4

# Tranquility

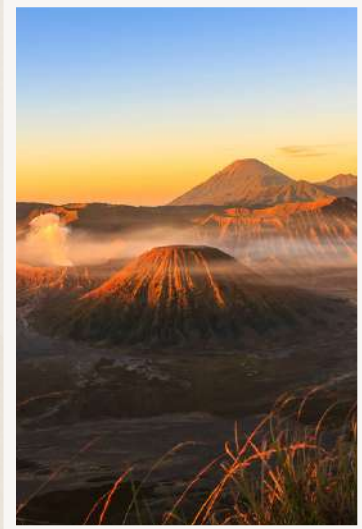


- **Prayer Time**
- Breakfast
- Quran Arabic Session
- Waterfall
- Lunch
- **Prayer Time**
- Free Time
- **Prayer Time**
- Sunset Dinner

DAY 5

# Enchantment

- **Prayer Time** - Kintamani
- Mount Batur Sunrise & Breakfast
- Quran Arabic Session
- Lunch - Rice Fields
- **Prayer Time**
- Free Time
- **Prayer Time**
- Dinner
- Reflection Circle



DAY 6

# Community

- **Prayer Time**
- Breakfast
- Quran Arabic Session
- Friday Prayer
- Lunch
- Muay Thai
- Community Barbecue
- **Prayer Time**



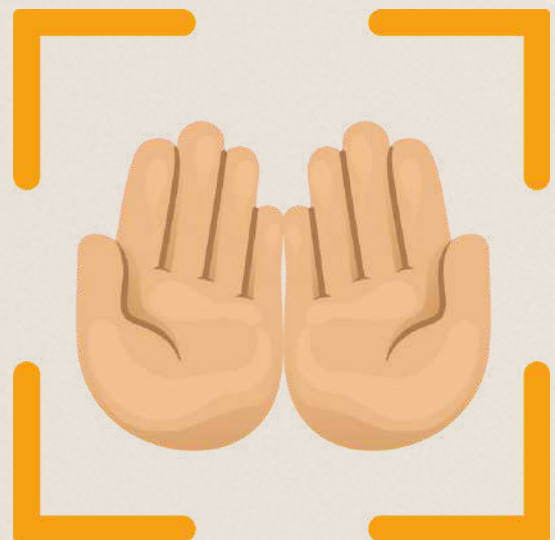




DAY 7

# Farewell

- **Prayer Time**
- Breakfast
- Quran Arabic Session
- Lunch
- **Prayer Time**
- Check Out





# OUR SPECIAL GUEST



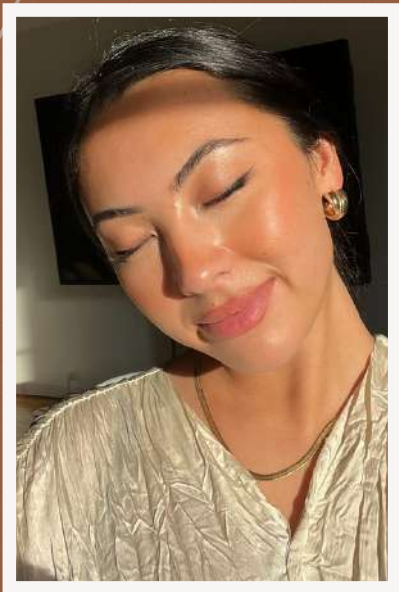
## **Pujiastuti Sindhu**

Pujiastuti is a yoga and meditation practitioner since 1997, and an advocate of heart-centered Islam, social activist, and writer. She is the founder and leader of Yoga Leaf Indonesia, a pioneering yoga community in Indonesia since 2002. Pujiastuti has authored two yoga books: "Hidup Sehat dan Seimbang Dengan Yoga" (2006, Best Seller) and "Yoga Untuk Kehamilan Sehat, Bahagia, Penuh Makna" (2009). She is actively involved as a speaker and instructor in various seminars, trainings, and yoga festivals in the country.





# OUR SPECIAL GUEST



## Hayma

Hayma - A woman of unwavering conviction, embraced Islam nearly half a decade ago, embarking on a transformative journey that was not without its challenges. In the initial phases of her newfound faith, she found herself grappling with feelings of solitude and difficulty.

Motivated by a profound longing to connect with like-minded individuals, Hayma turned to social media, embracing a small group of fellow revert women. In an unexpected turn of events, this search for companionship unveiled a latent passion—a divine gift bestowed upon her by Allah. Through creating videos, she inadvertently unearthed a profound purpose: nurturing connections with women navigating similar paths.

Over time, Hayma emerged as a guiding light for women across the globe. Her platform became a sanctuary where women from diverse backgrounds reached out, sharing their stories and seeking guidance in their journey of discovering Islam. Questions spanned from the nuances of prayer to understanding appropriate attire, reflecting the wide array of challenges encountered by those embracing a new way of life.

Hayma's influence burgeoned, assuming a role of significant impact. Her wealth of knowledge, gleaned from firsthand experiences, inspired her ultimate objective—to draw individuals closer to Allah, especially those who may feel marginalized, alone, or isolated. In the intricate tapestry of her life, Hayma has woven a narrative of connection, support, and empowerment for those traversing a similar spiritual path. In her professional career, she's a seasoned Back-End Software Developer.



# OUR SPECIAL GUEST



## **Fatma Dyah**

Fatma boasts an impressive decade-long tenure steeped in the artistry and pedagogy of Quranic Recitation, coupled with a rich history of teaching expertise. With her seasoned proficiency, she employs revolutionizing techniques in the landscape of Quranic education by leveraging an innovative system designed in Indonesia to cater to learners of all levels. Through this pioneering approach, she aims to condense the traditional learning curve into a mere seven days, enabling students to embark on a transformative journey of Quranic reading in its original Arabic language.



## **Chitra Natassya**

In 2011, Chitra's profound journey with yoga commenced, revealing its transformative power both physically and spiritually. Inspired by this metamorphosis, she felt a calling to share her newfound joy and vitality, propelling her to become a certified yoga teacher. Venturing to India, she deepened her yogic knowledge, completing her 200hr Ashtanga Vinyasa training in the sacred city of Mysore.

Certified in crystal sound healing, Chitra's passion for teaching resonates deeply within her. She finds immense fulfillment in guiding fellow seekers on their yoga journey, aspiring to integrate yoga seamlessly into their daily lives.



## Terms & Conditions

We are dedicated to creating exceptional and tailor-made spiritual journeys. In order to honor our commitment, we forge strong partnerships with our vendors which require payments in advanced.

Please be advised that once your deposit is processed, it becomes non-refundable as it is employed to secure services from our vendors. We appreciate your understanding in this matter.

## Cancellation

In case of cancellation, Seeking Nearness provides a full refund, excluding the deposit fee and a 15% service charge fee. Alternatively, if you are unable to attend and opt not to receive a refund, you will receive a credit for a future retreat to be announced at a later date.

## Final Payment

We offer a generous payment plan. However, the final payment must be made 15 days prior to the start of the retreat.

## Entry Visa

While most countries have Visa on Arrival access to Indonesia, please don't hesitate to inform us if you require assistance with processing a tourist visa.



NEED MORE INSIGHT & SUPPORT?

CONTACT US

# deen & wellness week november 2024



"Friendship is the purest love. It is the highest form of Love where nothing is asked for, no condition, where one simply enjoys giving."

- Rumi



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